

Canadian Parliament Internship Program

Frances Breidenstein
Education Abroad
STEP Faculty Member:
Megan Lawther
Majors: International
Studies, French, World
Politics

What I learned:

The work itself was enlightening. As an American, it's difficult escaping the bottleneck of US politics. Therefore, before the semester prep of Canadian politics, I knew little to nothing about the scandals and issues that paralyzed Canadian politics. Learning about the abhorrent human rights violations and systemic discrimination from the government opened my eyes to the sheer amount of atrocities and abuses worldwide, for better or for worse. I certainly garnered a greater passion for social justice after having interned with Anne, further confirming my interest in social politics.

During this internship, I was tasked with:

- Drafting and finalizing speeches for my MP, for events ranging from House appearances to conference panels
- Assisting in policy research
- Responding to constituent mail, written and electronic
- Database input
- Creating tweets and other social media posts (Facebook, YouTube)
- Utilizing programs like iMovie, for example, to create five-minute videos detailing my MP's contributions to environmental justice

Why this internship?

As an individual interested in international politics, it seemed like a no-brainer to select a program that catered to my career goals and interests.

The Canadian Parliament Internship Program gives students interested in government work an incredible opportunity to intern within a foreign government while simultaneously exploring the culture of the region and developing a more holistic worldview.

I was paired with MP Anne Minh-Thu Quach, a Vietnamese-Canadian Francophone representing the Salaberry--Suroît riding of the province of Québec. MP Quach served two consecutive mandates in the House for the New Democratic Party (NDP).



Above: In front of West Block, the main building of Parliament. We did yoga on the lawn in front of it once with Sophie Trudeau, the current prime minister's wife!

Bottom left: My office and I during my last day as an intern. Anne, to my left, and Jean-Marc to my right. We all grew so close during my five weeks in Ottawa!



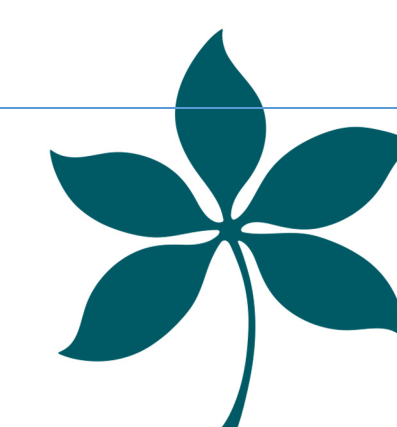
What was transformational about this project?

My French improved greatly; I spoke solely French when in the office and when meeting with political officials. This required an intense amount of courage and a major leap of faith. The program was transformational in the sense that I learned how to step outside of my comfort zone to receive the experience necessary to grow as a student and citizen of the world.



Favorite part of my experience

I LOVED being able to use my French and connect with a variety of different people. From discussing policy with my office to daily transactions at Tim Hortons, being able to effectively communicate in my target language was fantastic.



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